

Itzy Bitz of Health
“Eating the Rainbow”
Scavenger Hunt

***Red-**

These fruits and vegetables are loaded with disease fighting antioxidants including lycopene, and anthocyanins that protect our hearts, fight cancer and help decrease risk of stroke. **Red Apples** are a hit this time of year and contain quercetin, a compound that decreases inflammation and is linked to fighting colds, flues and allergies. **Tomatoes** are full of lycopene that help protect our skin from damage. **Red Peppers** are high in Vitamin C an incredible phytochemical for immune health!

***Orange and Yellow-**

These foods are often loaded with vitamin C, lycopene, B vitamins and potassium. Find yourself an orange fruit or vegetable such as **Carrots**, **Citrus**, and **Pumpkins** or **Butternut Squash**. **Peaches** are in season too and loaded with antioxidants! Another tasty one though it might not be at the farmers market is a **Pineapple**. Filled with bromelain which eases indigestion and reduces swelling and inflammation.

***Purples and Blues-**

Anthocyanins are responsible for purples and are helpful in reducing inflammation. Purple foods can contain resveratrol which has anti-inflammatory and anti-cancer properties. **Blackberries** and **Blueberries** are low glycemic, so sweet without the blood sugar spike, and are linked to improved memory and reduced risk of cognitive decline. Look for some **Grapes** too, or make babaganoush dip with and **Eggplant**!

***Greens-**

These are high in chlorophyll which aids in liver cleaning, helps digestion, aids in immune function, high in vitamin C, vitamin A, and vitamin E. **Avocados** are one of the best plant-based fats available! **Cabbage** is a cruciferous that contains indoles that are a cancer protectant. **Cucumbers** are soothing and hydrating for the digestive tract. Excellent juiced and added to sparkling water with some mint for a summer mocktail. **Pole Beans and Snap Peas** too are great to top a salad!